

The CONNECTOR

Jim Yoe
Jr. Warden

Karen Timmons
Editor



The Rev. Nathan Beall, Rector
The Rev. Skip Steiner, Adjunct Clergy
Beth Lanier, Minister of Music

NOVEMBER 2020

Gathering Matters

'Get Together'

A get together (gathering)

Just get together (on the same page, unite)

Gathering together for the holidays used to be a no brainer. It used to be that all we had to worry about was how Aunt so and so was going to get along with your favorite Uncle or which member of your extended family would be the first to blurt out something that caused jaw dropping all around. It used to be that we worried about traveling snafus, long lines everywhere, eating too much, and would there be enough time to get everything done before the main event? We wondered if we could get together in our thinking and actions long enough to actually get together in one place. For us as family, people, and country, getting together, physically and philosophically, has a lot of layers. If there ever was a time when it was important that what you, as an individual, thought, said or did mattered, it's now. Gathering matters and getting together these day is complicated.

Diversity is one characteristic that makes families and the United States what they are. Maybe it's too large a task to tackle both family get-togethers, physically or virtually and the country getting together, uniting, at the same time. But somebody needs to be thinking about it and we may as well start right here. We don't want to eliminate diversity, we just need to figure out how to live with it harmoniously. Maybe

because the layers from the individual to the approximately 330 million people in the United States are all connected and dependent on each other that it's necessary to address them together. Baklava anyone? Take out some layers or put some in that don't taste right makes a less than perfect dessert. Maybe we don't need perfect, but we need a whole lot better than what we have now.

So how are you going to get together for the holidays or help us get together as a country? One of the things that ends up happening when you can't actually get together in person or philosophically is you don't take it for granted and by living without it, you realize how precious it really is. How we conduct ourselves and govern ourselves will determine how quickly we get back on track. Right now everyone should have the same goal: Taking care of one another, not fighting one another, and somehow getting together. Simple, yes. Complicated, yes. Doable, yes.

Are we ever going to be able to get together, to hug and greet each other less than 6 feet away? Yes. When? I don't know. Are we ever going to be able to get together, to be able to come to an agreed upon understanding that we are all equal and have the same rights and should give and be given respect no matter who we are? Yes. When? I don't know.

Are we ever going to be able to get together as families or get together as a country? We can do that now, but we have to be creative about it. We need to embrace a new normal. What's that you ask? It's whatever works in these unconventional times to bring about our ability to get together as families and get together as a country. Are we ever going to be able to get together and get together? Hope, faith, prayer and action will help, it's actually necessary, and it starts with you.

When did we stop protecting each other and caring for each other and begin attacking each other? History says it's been a long time, but the scale lately has tipped way off balance. So let's start small. Gathering matters. Everyone needs to wear a mask, wash their hands, and social distance. It's not rocket science, it's not preaching, it's just science and common sense. Just think what could be accomplished if everyone got together and worked together to unite against a disease that has killed over 230,000 people and sickened over 8 million people in the United States. Just think about the truth to the words, "United we stand, divided we fall," and find a way to come together to live in harmony. There is a song from the 1960's that seems relevant today. "Get Together" reminds us that God has put each of us here for a reason and for the short time we have, each of us should do what we can to just love one another. Let's try to do what we can to get together physically, philosophically and practically. It's critical for our survival as people, family and country. It can be done. It starts with you.

GET TOGETHER - written by Chet Powers, performed by many, but most famously by THE YOUNGBLOODS

Love is but a song to sing
Fear's the way we die
You can make the mountains ring
Or make the angels cry
Though the bird is on the wing
And you may not know why
Come on people now
Smile on your brother
Everybody get together
Try to love one another
Right now
Some may come and some may go
We shall surely pass
When the one that left us here
Returns for us at last
We are but a moment's sunlight
Fading in the grass
Come on people now
Smile on your brother
Everybody get together
Try to love one another
Right now
Come on people now
Smile on your brother
Everybody get together
Try to love one another
Right now
Come on people now
Smile on your brother
Everybody get together
Try to love one another
Right now
If you hear the song I sing
You will understand (listen!)
You hold the key...

Gathering matters. Getting together matters. I hope you find a way to get together for the holidays with loved ones near and far and find a way to help all the people of our country get together with love and understanding as the motivation for uniting us instead of getting together in fear and hate which is dividing us. It starts with you.

Blessings, Joan Shisler, Senior Warden

All Saints and the Election

This month begins with the Feast of All Saints, for which we are preparing as I write this. It also leads us into the general election. (By the time you read this, we may know the results, but at the time of this writing, we do not.) These two events aligning together have much to teach us by their juxtaposition.

The English term “saint” derives from the word “sanctity:” that is, set apart or holy. Saints are holy people, those who are set apart, those who stand out from the rest because of their commitment to God. But sanctification- the process of becoming holy, of becoming a saint- is not entirely a matter of our own efforts. It comes as a gift from God, and we are invited to open ourselves to it. The Spirit of God acts within us to sanctify us- sometimes because of, and sometimes despite, our own efforts. The grace of God precedes and follows us to draw us to Himself and re-create us in His image.

All of this runs rather opposite to the general trends of the general election. A politician, by necessity, works for recognition and power. That may or may not constitute their primary motivation, but it does form an inextricable component of any democracy. That is to say, someone who is elected to power must work to achieve recognition and popularity, and then exercises the power with which they have been entrusted. We hope that they do this for the common good.

So while political candidates in a democracy work their way up, saints work their way down. That is to say, they model their lives after One who refused political power, and chose instead to die as a criminal on a cross. Political leaders stand out because of public recognition and personal ability. Saints stand out to us because they have sought unrecognition, and have received gifts from God beyond their own abilities. They have been given life, because they have died to themselves.

Political candidates and political leaders are not saints. Neither are they demons. We cannot look to them to solve all of our problems. Nor can we place the blame for the problems of the world on them. They are fallen, flawed, human beings like you and I, who need prayer and support to do their jobs as best they can. But that holds true for the saints as well.

This juxtaposition ultimately reminds us that Christian holiness and its pursuit fundamentally differs from worldly success. While political candidates seek power- sometimes for good, sometimes for evil- saints seek the cross. May we keep our eyes on it as the election draws near.

Nathan+



Our Stewardship theme this year is Faith-Filled Generosity. This year the theme is almost self-explanatory. We are a faith-filled community so it would only follow that when we consider giving to the church our generosity would also be faith-filled. The idea that we normally think of giving as a once a year thing seems erroneous since as a faith-filled community our generosity doesn't exist only during the stewardship season. At Middleham and St. Peter's we show faith-filled generosity every day of the year.

While we've been trained to focus on the one month Stewardship Campaign from the beginning of October to the beginning of November and then we are off the hook, I came to realize, however, that Stewardship is a year round event. We show faith-filled generosity all the time, 24 / 7. Granted we ask that you consider what you can pledge to the church for one year during a short time, but being generous has no boundaries. How we give and what we give, not only financially, but of ourselves each and every day make us good stewards of God. Thank you to those of you who have returned your pledge cards. We truly appreciate your generosity and support of Middleham and St. Peter's Parish. If you are still prayerfully considering your pledge, please know that we are happy to receive it whenever you are ready.

God has blessed each and every one of us with gifts we should share. Re-gifting in this case is totally great. Every day we should be thinking of how we can use our time and energy for doing good work, caring for each other and being thankful for the many blessings we have been given. By intentionally focusing on the amazing ways of how we can be good stewards, we can transform how we think about how generous we can be every faith-filled day. Middleham and St. Peter's is grateful for your support.

Joan Shisler

Senior Warden



Digital Parish Directory Coming Soon

In an effort to aid Father Nathan Beall in becoming acquainted with the Middleham and St. Peter's Parish family during our time of COVID-19, we are creating a digital directory. The goal is to complete this project before Christmas.

To do so, you will be receiving an email from [mspdirectory1](mailto:mspdirectory1@gmail.com) soon, asking you to complete a brief 8 question survey online for your family. Only information that is usually included in a directory is asked.

Click on the URL link in the email to go to the survey, in "Survey Monkey". Make sure you press the **DONE** button when you have completed the survey. Please complete the survey by no later than Sunday November 8, 2020.

If you do not receive communications from the parish by email, you will be contacted personally by phone or mail to confirm or update your information.

Address all questions to mspdirectory1@gmail.com

Thank you for your help with this project.

Diane Davies, For The Directory Committee

Drive thru Dinner

CLCSCC Drive-Thru Fall Dinner Fundraiser

Friday, November 13, 2020

Pick-up from 5:00 p.m. – 7:00 p.m.

Middleham & St. Peter's Parish Parking Lot
10210 HG Trueman Rd.

**Stuffed Ham, Fried Oysters,
Parsley Potatoes, Green
Beans, Roll & Butter**

\$25.00– Minimum donation

To order in advance, call 410-326-4948

Please order by NOON

on Nov. 12th

Catering by Thompsons Seafood





MIDDLEHAM CAMPUS
@ SMITH HALL

Masks and Social Distancing are required.

ALL SAINTS' DAY SERVICES
SUNDAY NOVEMBER 1ST
@ 8:30 AM & 11:00 AM
IN SMITH HALL
8:30 AM will also be Live Streamed

RESERVATIONS REQUIRED
PLEASE STATE WHICH SERVICE TIME
BY 5:00 PM FRIDAY OCTOBER 30TH
410-326-4948
office@middlehamandstpeters.org



**MIDDLEHAM AND ST. PETER'S PARISH
SUNDAY SERVICE INSIDE
SMITH HALL**



**8:30 AM
RESERVATIONS REQUIRED
&
LIVE STREAMING
SUNDAYS @ 8:30 AM**



**MIDDLEHAM
CHAPEL SERVICES**

@ 11:00 AM

**RESERVATIONS NEED TO
BE MADE BY FRIDAYS
@ 5:00 PM
MASKS ARE REQUIRED**

**IF YOU ARE NOT READY TO COME TO THE ONSITE INSIDE SERVICES, TUNE IN TO THE LIVE STREAMING HOLY
EUCARIST SERVICE
@ 8:30 AM FROM HOME ON OUR FACEBOOK PAGE.**

[Middleham and St. Peter's FaceBook Page](https://www.facebook.com/middlehamandstpeters/)

<https://www.facebook.com/middlehamandstpeters/>

[Middleham and St. Peter's YouTube Channel](https://www.youtube.com/channel/UCkgSo1YCBue01RuEWhH974g/)

<https://www.youtube.com/channel/UCkgSo1YCBue01RuEWhH974g/>

SAFETY RULES FOR INSIDE SERVICE

1. Masks are required to be worn by everyone at all times.
2. There will be ushers directing seating. Please do not move the chairs.
3. Singing will be limited ONLY to Beth Lanier at the keyboard.
4. Communion (wafers only administered by tongs) will be offered as directed by ushers.
5. No coffee hour / food / drink will be offered.
6. Bathrooms will be available upon request but must be sanitized by user with cleaning supplies provided prior to exiting.
7. A paper and online Service Bulletin will be available.
8. Non-contact temperature taking measures will be administered to onsite participants upon entering.
9. When the service is over please exit the building immediately as directed by the ushers.
10. Fellowship / small group gathering will be at the discretion of participants maintaining social distancing outside after the service.
11. PLEASE STAY HOME IF YOU ARE NOT COMFORTABLE VENTURING OUT JUST YET (online services are still available, and the 8:30 am service will continue to be live-streamed) OR ESPECIALLY IF YOU ARE SICK.

Please note : EACH WEEK prior to Sunday you will need to call the office – 410-326-4948 to make a reservation to attend either the 8:30 am or the 11:00 am service. This will allow us to prepare the space with chairs set up at a safe distance and determine who and how many will be attending each service. We will limit the attendance to 35 people for each service at this time. (The space will be sanitized between services).



MORNING PRAYER, FRIDAYS 7am
Middleham and St. Peter's is Collaborating with Ascension and St. George's

Start your day, once each week, with Morning Prayer. Started Friday, September 25 -- and continuing every Friday morning at 7am -- you're welcome to a brief service of scripture and prayer. On Zoom.

Zoom link – <https://us02web.zoom.us/j/86096832378>

Or call (301) 715-8592 Meeting ID: 860 9683 2378



NIGHT PRAYER, WEDNESDAYS 7pm
Middleham and St. Peter's is Collaborating with Ascension and St. George's

Close your day, once each week, with the gift of prayer and Christian community. Night Prayer, also called Compline is on Zoom every Wednesday at 7pm. All are welcome.

Zoom link – <https://us02web.zoom.us/j/89741227154>

Or call (301) 715-8592 Meeting ID: 897 4122 7154



SUNDAY STREAMING WORSHIP @ 11:00 AM SERVICE FROM THE CATHEDRAL OF THE INCARNATION, BALTIMORE.
[LIVE STREAMED from the Cathedral of the Incarnation](https://marylandepiscopalian.org/2020/03/18/episcopal-diocese-of-maryland-livestreamed-worship/)

<https://marylandepiscopalian.org/2020/03/18/episcopal-diocese-of-maryland-livestreamed-worship/>

EPISCOPAL DIOCESE OF WASHINGTON
ONLINE SERVICES AT THE NATIONAL CATHEDRAL

<https://www.facebook.com/WNCathedral/>



THE EPISCOPAL DIOCESE OF MARYLAND

Episcopal Diocese of Maryland
At Cathedral of the Incarnation

Every Tuesday Live on Facebook Noon Day Prayer

<https://www.facebook.com/EpiscopalMaryland/>



The **Caring Network** is continuing to call parishioners on a weekly basis. If you are not receiving a phone call, please contact Diane Davies. 410-326-0370 daviesd@comcast.net

If you or someone you know should be on our prayer list please send it to office@middlehamandstpeters.org or daviesd@comcast.net

If you are having trouble accessing or logging on to view online worship opportunities, logging into zoom etc., please let us know and we will help you. Call Jim Yoe - 443-975-6797

If you have any questions, concerns or pastoral needs, please let us know. Thank you for your patience and stay healthy!

Joan Shisler

Senior Warden

410-474-4849

jrbstiger@comcast.net

Jim Yoe

Junior Warden

443-975-6797

jmyoe@comcast.net

The Reverend Nathan A. Beall

Rector

301-704-2320

fr.nathan.beall@middlehamandstpeters.org

Anne Gross

410-610-2706

grossanne@comcast.net

office@middlehamandstpeters.org

Lay Pastoral Visitors Group

All of us in the Lay Pastoral Visitors Group are looking forward to the time when we can again visit people in person. In the meantime if you need pastoral care please contact office@middlehamandstpeters.org or 410-326-4948.

Pastoral care

**To be there in times of sickness and in joy,
in sorrow or celebration, in crisis or transition.**

To pray.

To listen.

To share.



Middleham and St. Peter's Episcopal Parish

Middleham and Saint Peter's
EPISCOPAL PARISH
The Caring Network



PRAYER LIST

PRAYERS FOR OUR COUNTRY DURING THE PANDEMIC
AND THOSE IN THE PATH OF HURRICANE ZETA

Dan and Mary Heflebower
Janice Miller
George Buckler
Stanley Buckler
Bill Gallagher
Colleen Davies
Rylie Seymour

Susie Wheely
Phil Lemkau
Ann Davis
Dan Gross
Cindy Henning
John Darling
Eddie Maurer

Maryellen Kalivoda
Vivian Kilsheimer
Grace Korn
Jeff Walker
Tristan Beeson
Stanley Buckler
Frank Seibert
Evelyn Seibert

DECEASED

Anthony Brown
Bill Phalen
Mark Costanza

Paul Miller

Middleham and St. Peter's Episcopal Parish



Middleham and Saint Peter's
EPISCOPAL PARISH
The Caring Network



PRAYER LIST FOR FRIENDS AND FAMILY IN THE MILITARY

Chris Parkinson
Joshua Kellerward
James Butler
Michael Taxiera
Matthew Blackwelder
Ryan Dement
Lisa Tomlinson
Brandon Marshall
Rj Brinegar
Jared Goff
Trey Fisher
Joseph Entzian
Isiah Jefferson
David Schul
Austin Cole
Thomas Parks
Wendy L. Love
David Thomas
Perry Peebles

Bruce Ussery
Adam Smith
Calvin Davies
Jaret Dement
David Tonacci
David Townsend
Renaldo Ramirez
Michael Ursic
Miles Manchester
TJ Dillon
Mason Garland
Andrew Terhark
Karl Townsend
Travis Park
Austin Libby
Garrett Libby
Alex Simmons
Chelsea Whealton



Please remember during this time when Sunday worship at our locations is not possible for you, that you can mail in your weekly pledge if convenient.

**Middleham and St. Peter's Parish
P.O. Box 277
Lusby, MD 20657**



Also we have our online giving option through Vanco.

[Middleham and St. Peter's Online Giving Option Steps](#)

<http://www.middlehamandstpeters.org/giving/givingonline/>



Middleham and St. Peter's has an account on AMAZON.SMILE. Click the link for program information if you have not setup Middleham and St. Peter's Parish for your purchase donation. Your purchases on AMAZON.SMILE provides.05% sent to MSP. It's the same place with all the good stuff, but you must begin at AMAZON.SMILE.

[Amazon Smile](#)

Holiday shopping may be on your doorstep soon.



THANKSGIVING PIE SALE

**Help Support Our Parish
Youth Ministry**



**ORDER BY SUNDAY 11-22-20
ORDER FORMS AVAILABLE IN
ALL WORSHIP SPACES AND IN
THE CHURCH OFFICE**



**Pick Up Pies on Wednesday 11-25-20 at Smith
Hall between 5:00 - 7:00 PM
Earlier Pick Up & Delivery Options
Available by Request.**

MSP Thanksgiving Pie Sale

Orders Due Sunday November 22nd



Help support our parish youth ministry by buying pies for Thanksgiving. Just think, you can have beautiful homemade pies without having to spend the time and energy, and the cleanup in your own home. The youth will take care of your pie needs, freeing you up for family, football, friends and a little relaxation.

Order now and pick up your homemade pies on Wednesday, November 25th between 5 and 7 PM at Smith Hall. The MSP youth and supportive adults will have them ready, freshly baked that day. Check below if you need to make arrangements for delivery or early pick-up. Pies are 9" and cost \$12 each. Any questions? Ask Carolyn Steiner or Anne Hayes. Church Office @ 410-326-4948

mspyouthleader@middlehamandstpeters.org Order Forms Also Available in Worship Spaces, Church Office and in the Weekly Newsletter.

Name: _____

Telephone: _____

Number of pies:

_____ Apple - \$12

_____ Cherry - \$12

_____ Pumpkin - \$12

*Thanks so much for
your support.*

_____ Check here if you need a pie delivered or a different pick up time. We'll call you to make arrangements.

CHRISTIAN FORMATION

What would the children do?

For all avenues of Christian Education my favorite question to ask is always, “What do you guys want to do this year?” Every few months, I ask each group what topics appeal to them, or what do they feel they could benefit from learning. I have never learned more than I have in the “off-weeks”, where we take a break from curriculum and discuss the topics that they wanted to talk about. Most recently, the youngest children asked to cover “monsters in the bible”. I was not at all surprised by children wanting to cover this topic, nor was I thinking it would be that hard to find these creatures scattered through out its contents. I was very surprised to find mentions of unicorns and mermaids, something I do not believe I had ever heard before. Without the children’s suggestions, there are many things I would not have even remotely considered looking for on my own, but I have always walked away feeling gratitude for the chance to question with the innocence of a child and find answers like an adult.

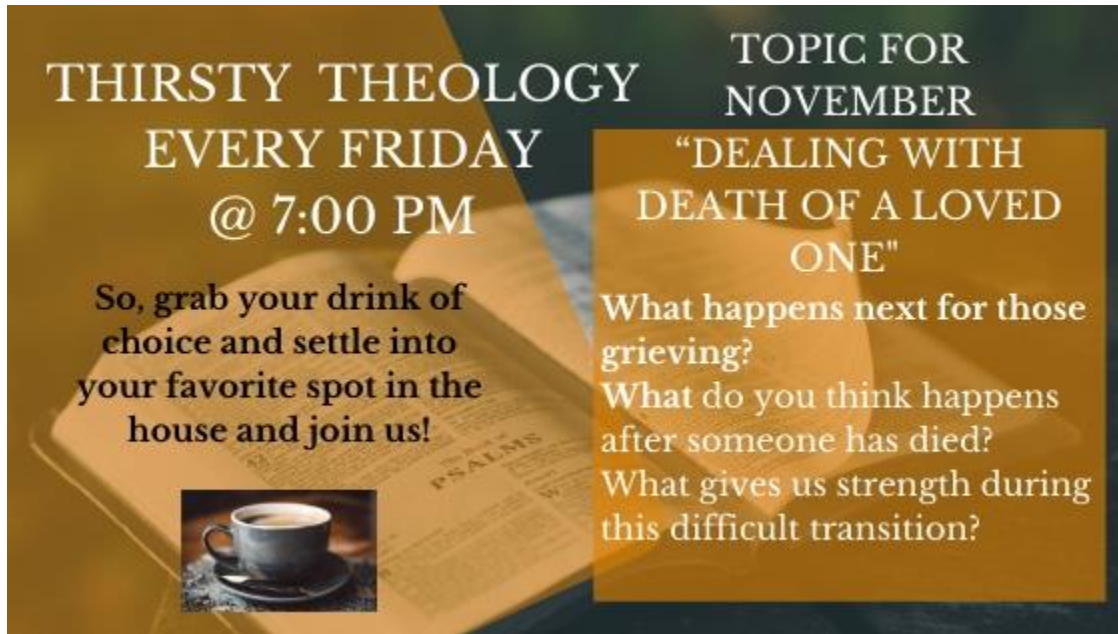
As I continue up the age groups, they all have the same theme, asking for me to teach things I had never actually considered “things”. The end of every October the older youth have a graveyard scavenger hunt, and we were fortunate enough to get permission to utilize the cemetery at Trinity Episcopal this year. Typically, cemeteries give off two main impressions: dark and scary, or a place for reverent mourning. Every year we take hidden option three, we find the stories of the cemeteries and the celebration of the lives of those housed within. Denotations of family status, military, work unions, beautiful artworks, coins, stones... all of these are placed with the absolute motivations of showing the lives of these people. These are not concepts that I ever would have endeavored to think about on my own, they are doors of exploration that the youth have opened and I happily walked through.

So, for all the young at heart out there that are finding themselves perhaps in a rut, whether that be physically, mentally, emotionally, spiritually... I suggestion very highly to embrace the child like innocence of questioning and believing, the possibilities are endless and at least for me, always worth the adventure.

Anne Hayes

mspyouthleader@middlehamandstpeters.org

THIRSTY THEOLOGY



THIRSTY THEOLOGY
EVERY FRIDAY
@ 7:00 PM

So, grab your drink of choice and settle into your favorite spot in the house and join us!

TOPIC FOR NOVEMBER
"DEALING WITH DEATH OF A LOVED ONE"

What happens next for those grieving?
What do you think happens after someone has died?
What gives us strength during this difficult transition?

Thirsty Theology: Holidays and the loss of a loved one

The November topic for thirsty theology is about DEALING WITH DEATH OF A LOVED ONE. What happens next for those grieving? What do you think happens after someone has died? What gives us strength during this difficult transition? Is there any advice that could help someone approaching this season without a loved one?

Join us on Friday nights at 7pm via zoom

If you ever have any questions, or you would like to hear more about any of the information above, you can reach me at 443-624-6959.

Anne Hayes is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/3770715758>

Meeting ID: 377 071 5758

One tap mobile

+13017158592,,3770715758# US (Germantown)

+13126266799,,3770715758# US (Chicago)

Anne Hayes, Youth Ministry

mspyouthleader@middlehamandstpeters.org



Coffee and Conversation at Asbury

Come Join Us! By Zoom on Friday **NOVEMBER 20TH at 10:00 am**

We will send you the study materials and zoom instructions the week before the meeting. Program leaders Dr. Charles Bennett, Claude Martin and Hugh Davies want you to know that, while our program has a foundation of Bible study (the Reading Between the Lines curriculum), our focus is on the discussion.

Call Hugh if you have questions at 410-326-0370.

daviesh@comcast.net

Hugh Davies, Charles Bennett and Claude Martin



The Big Conversation VIII - Many Wounds to Heal: Health Care (In)Equity - How Does It Affect Me?



Summary Report- Condensed Version

After analyzing and synthesizing the information and surveys from the Big Conversation on health care inequities held on September 13, the Steering Committee recently completed and shared its findings in ***Summary Report on Health Care Inequities*** for the Southern Maryland Community. The entire **Summary Report** is on the Middleham and St. Peter's website under Big Conversation. The following highlights the major findings.

The information is divided into three parts: the general issues, addressing local issues and addressing general and systemic issues. While some of the inequity issues are based in systemic problems that must be addressed at all levels of our society, there are specific issues that our Southern Maryland community can work to acknowledge and improve, if not erase.

I. General Issues

- A. Acknowledgement:** The first step is to acknowledge that there are significant inequities in health care. Once that happens, then the steps toward reparation and reconciliation can begin.
- B. Know, teach and preserve the true history of all peoples in Southern Maryland**
- C. Bias and discrimination** are perceived as existing at all levels of health care. It exists between the patient and the providers and health care worker to health care worker. The personal stories were powerful.

II. Addressing Local Issues

- A. Lack of Access due to**
 - 1. Limited time with the healthcare provider
 - 2. Lack of cultural awareness on the part of the health care providers toward people of color
 - 3. Communication failures
 - 4. Location of hospitals, providers' offices and pharmacies
 - 5. In convenient public transportation to health care facilities
 - 6. Medicaid and health insurance that often limit the quality of care received
 - 7. Limited mental health providers and insurance coverage for mental health
- B. Trust** – for various, well-found reasons many people of color do not trust the health care system
- C. Self- advocacy training and trained advocates on staffs are needed**

III. Addressing General and Systemic Issues

- A. Make changes** in the health care system – 8 recommendations
- B. Need for diversity at all levels** of the health care system – 6 recommendations
- C. Assessment of local health** care by each of the three counties of Southern Maryland
- D. Greater collaboration** within each county and between the three counties
- E. Education and training** are key to addressing many of the inequities
- F. Need for informed policy makers**
- G. Encourage local business and organizations to be more** involved in their community's health (MSP's Parish Nurse program was held up as a model).

"Of all the forms of inequality, injustice in health is the most the most shocking and in humane."

Martin Luther King, Jr.

Cemetery Rate Change and Special Offer

For the first time in five years the cemetery plots and columbarium niche costs will be increased. The current rates will continue until November 30, 2020 at which time cemetery plots will increase by \$200 to \$1400 for members and \$2200 for non-members. Columbarium niches will increase by \$200 as well, to \$1400 for a single niche and \$1700 for a double niche. So take advantage of the current rate during this three month period. Contact me with questions at daviesh@comcast.net.

Hugh Davies
Cemetery Committee.

Cemetery plot

for MSP members and relatives of members:

Special offer period cost for a plot \$1200 (two urns \$1500)

As of December 1, 2020

For non-members

Current cost until Dec 1 per plot \$2,000 (two urns \$2300)

As of December 1, 2020 cost increases to \$2,200 (two urns \$2500)

Columbarium

Initial offer period – September – November 2020

- Single urn niche - \$1200

- Double urn niche - \$1500

After the three month offer period

- Single urn niche - \$1400

- Double urn niche - \$1700

Prices include the standard urn and bronze plaque



Excellent CEEP Webinar Opportunities

Middleham and St. Peter's is a member of the Consortium of Endowed Episcopal Parishes (CEEP), which is a national organization that provides training and education for Episcopal and other churches. During the period of the pandemic, they have offered excellent webinar programs that may be of interest to many of you. Try one or more that interest you!

CHECKOUT MORE UPCOMING NOVEMBER EVENTS

<https://www.ceepnetwork.org/upcoming-webinars/>

Subject: Current Affairs

Presence, Peacebuilding and Pastoral Mission in South Sudan

Tuesday, November 11

3:00pm EST

From the joy and excitement of independence in 2011 to the heartbreak of civil war 2013-2018 and continuing inter-communal violence, our South Sudanese brothers and sisters have experienced much suffering that only occasionally makes the nightly news in the US.

Through it all, the Episcopal Church of South Sudan has been a faithful and prophetic leader, working to meet urgent needs and engaging in the long, slow work of building lasting peace.

For the last 15 years, the American Friends of the Episcopal Church of the Sudans (AFRECS) has worked tirelessly alongside partners in South Sudan and Sudan to build relationships, support on-the-ground initiatives, advocate for justice and peace, and share the story of the Episcopal Church of South Sudan with the wider Episcopal Church. Join with partners from South Sudan and across the United States to listen, learn, and be inspired.

Panelists Include:

- Joseph Bilal - Acting Vice Chancellor for Academic and Finance Affairs, The Episcopal University of South Sudan, and Chair, Episcopal Primate's COVID-19 Task Force; Juba, South Sudan
- Phil Darrow - President, AFRECS; Los Angeles California
- Jackie Kraus - Former AFRECS Board member; member of The Episcopal Church Task Force on Dialogue with the South Sudanese Anglican Diaspora; and member, St. Michael's Episcopal Church, Barrington, Illinois
- Dane F. Smith - Executive Director, AFRECS, Washington DC (moderator)

Please register here: <https://www.eventbrite.com/e/125409121057>

PARISH HEALTH

November is Diabetes Awareness Month



Deaconess
FAITH COMMUNITY NURSE
Ministries

So- What is Diabetes:

Diabetes is a disease where the levels of blood glucose are above normal. Your body cells use the hormone- Insulin- to help process blood glucose into energy. Folks with diabetes have a problem converting food to energy.

What are some of the Signs and Symptoms?

- Increased thirst
- Increased hunger
- Fatigue
- Increased urination, especially at night
- Weight loss
- Blurred vision
- Sores that do not heal

How can you lower your risk of Diabetes?

- Make wise food choices- watch serving size, limit fat intake, reduce number of calories and keep a food log
- Be physical each day- take stairs instead of elevator, park further away from destination, walk or bike around
- Take meds as prescribed

What are some of the complications of Diabetes?

- Eye disease-decreased vision- blindness
- Kidney disease
- Foot problems-infections and sores
- Mouth problems- teeth and gum issues
- Nerve damage numbness, tingling or pain in arms, hands, legs and feet

Let someone in the Health Ministry team know if you have any questions- Dale Yoe, RN, Parish Nurse, Cert. Community Health Worker



Presented by CalvertHealth

Helping people live well with diabetes and thrive on their path to health and wellness.

Join us for a Virtual Diabetes Expo presented by CalvertHealth! Led by subject matter experts from CalvertHealth, the Calvert County Health Department and community providers. This free, three-hour interactive event focuses on the prevention, management and education of diabetes. This event is open to those living with diabetes as well as family members, caregivers and health professionals. For your convenience, two sessions are available - both with live question and answer segments. Advance registration is required. Sign up at CalvertHealthMedicine.org/Classes.

Date: **Tuesday, November 3, 2020**

Time: A.M. Session - 9:30 a.m.
P.M. Session - 5 p.m.

Place: The comfort of your home or office! A Zoom link will be provided for this event, via email, on Monday, November 2.

Registration: FREE! Visit CalvertHealthMedicine.org/Classes or call 410.535.8233



CalvertHealth

Sign-Up at CalvertHealthMedicine.org/Classes

EXERCISE FACTS

2,000 steps equal 1 mile
10,000 steps should be @ 5 miles
200 steps is @ 1 city block
9 holes of golf (walking) is @ 8,000 steps

Physical activity/time spent can be converted into
steps/miles:

Level 1 Light Activity

(less than 3.5 kcals used per minute)

20 mins of activity = 1 mi

Gardening, bowling, snowmobiling, painting, car
washing, fishing, window
cleaning, golf (without cart), slow treading in pool,
dusting or Vacuuming.

Level 2 Moderate Activity

(3-7 kcals used per minute)

20 mins of activity = 2 mi

Softball, weightlifting, shoveling snow, dancing,
barn cleaning, racquetball, tennis, volleyball, skiing
easy, handball, yoga, ice skating recreational,
swimming recreational, competitive table tennis.

Level 3 Vigorous Activity

(7.5 + kcals used per minute)

25 mins of activity = 3 mi

Exercise classes: i.e. (spinning, step, kickboxing, body
pump, circuit.) basketball, soccer, cross
country skiing, hard mogul skiing, martial
arts, boxing sparring, chopping wood, swimming fast
laps, competitive dancing.

Running & Walking Report Actual Miles

Biking 3:1 Ratio (Report 1 mile for every 3 biked)

OFFICE@MIDDLEHAMANDSTPETERS.ORG



The PARISH HEALTH Ministry of Middleham and St. Peter's Parish presents: Walking to Bethlehem!

Help us walk 5905
miles from our parish
hall
to Bethlehem in time
for Christmas.

Galatians 5:25 If we
live by the Spirit, let us
also
walk by the Spirit

An exercise program to
begin Sunday
November 1, 2020. Just
email your weekly
totals or place them in
the offering baskets.

WHERE TO WALK

Middleham lot= .10 mi (10 time around= 1 mi.)

Solomon's' boardwalk= .3 mi

High School tracks= .26 mi

From Solomon's PO, around island
and back= 3 miles

From the

Calvert Marine Museum- around the island
and Back=3 mi.

From OLSS- around the island and back= 2 mi.

Cove Point Park= @ .13 mi.

Calvert Cliffs State Park = main trail= @ 2 mi.

*Yellow trail=.7 mi

*Blue trail=1.1 mi.

*Red trail= 1.8 mi.

*White trail= 1.7 mi.

*Orange trail= 2.4 mi.

*Silver trail= .7 mi.

Ann Marie Garden Walking Path= .25 mi

Asbury: around the perimeter= 1.5 mi

OUTREACH

2020 Information

The Rev. Mary Davisson, Director

Baltimore International Seafarers' Center

Many seafarers have been stuck on the same vessel since last Christmas, because COVID restrictions have prevented them from flying home. Even those who've been on board "only" seven months have probably not set foot on land, because shore leave is usually forbidden by their companies or by local authorities. So, while we all face uncertainty and isolation, seafarers face more than most of us.

Will those of us who can shop once or twice a week now still be able get out in late November? I wish I knew the answer. Meanwhile, can I encourage all who are out and about now to make an early start on "Christmas at Sea." The other BISC chaplains and I will make every effort to deliver whatever groups can put together.

For ease of storage and delivery, we're asking everyone to fill tightly sealed one-gallon bags instead of shoeboxes. (Those who have been using SIH bags from Lutheran Pastor Bob Schmitt, please follow his own instructions.) Please omit food! Circumstances could delay delivery to crews.

If you're "only the messenger," such as an administrative assistant or the "elf" who delivers the boxes to us: please share this information with those who've made up gifts in the past. Seafarers are the ones who make most of our holiday shopping possible. So please take a moment to forward this mail to whoever should read it.

Finally, please be sure to schedule delivery in advance. Write MaryHTDavisson@aol.com (preferred) or call 443-610-1553.

Many thanks and God bless,
Mary

The Rev. Mary Davisson, Director
Baltimore International Seafarers' Center

2020: A Year to Remember—and a Year to Remember Seafarers!

We can't know in July whether public health concerns will limit our service to crews in December. How can YOU help?

Please help us prepare for the worst while hoping for the best:



1. Please put items in ONE-GALLON SEALED PLASTIC BAGS (NOT boxes this year).

- ★ Why? if public health is a concern again, few of us might be available to deliver gifts. So they'll need to be lighter and more portable.
- ★ And if circumstances prevent any delivery before 2021, we wouldn't have space for an accumulation of 1600 bulky boxes!

2. No food, no food, no food! Please: NO FOOD of any kind.

- ★ Why? "No food" has always been our policy. Our store-room is hot, and so are ships' storerooms. Candy melts, and gum overpowers the room with spearmint fragrance.
- ★ But 2020 gifts might not be delivered till 2021 if conditions worsen. Now, more than ever, we can't store food.



3. Then what can you include?

- ★ A one-gallon bag accommodates a pocket or paperback New Testament (modern English if possible), a warm hat if not too bulky, warm socks or gloves, small sealed toiletries (gender-neutral), pad and pen, post cards or magnets of Baltimore or D.C., and/or pocket calendar.
- ★ Please don't over-fill, so bag won't come open, and do seal carefully.
- ★ Christmas stickers (no bulky bows) on the outside and/or cards on the inside are options to make your package more festive.

4. What if you've already wrapped boxes?

- ★ Please contact baltseafarers@aol.com to find out if we can accommodate. NO FOOD please! Boxes must total UNDER 3.5 POUNDS (no hardback books, no large toiletries.)



FOOD DISTRIBUTION TUESDAY OCTOBER 20TH

Food distribution day was Tuesday October 20th. The Maryland food bank sent 384 food boxes containing fresh produce, dairy products and meat products. They also sent a pallet of gallon milk jugs and a pallet of huge cauliflower.

Weights were 8,448 lbs CFAP boxes, 3,456 lbs milk, 401 lbs cauliflower

All, the following are stats from Tuesday October 20th.

POTG -1,456 people served including 786 children, 494 adults, 176 seniors. Help appreciated from SouthPoint church, Calvary Bible church, SMILE Pantry volunteers, United Way, and others.

For information contact:

Mark Pesola - mark_pesola@hotmail.com



Food Drop Delivery Driver Opportunity- Safely Help Others



We need volunteers to deliver Food provided by Maryland Food Bank to recipient homes. No-contact food pick-up at church, food is dropped off outside of recipient homes to avoid contact, routes include up to 5 closely grouped addresses in SMILE service area. If

interested and would like more detail or are ready to sign up as a driver.

Next distribution is Tuesday November 16th.

For safety and coordination efforts please contact Mark Pesola in order to volunteer, do not arrive without checking in first, thank you.

Please contact Mark Pesola at mark_pesola@hotmail.com OR 410-610-8495



HeartFELT

HeartFELT Backpacks is rolling along and it feels great to be back to shopping, packing, and delivering food to our two Middle Schools, Mill Creek and Southern. We are serving 32 students total. While the students are still distance learning, parents are coming to the schools to pick up the bags or in some cases the guidance counselors are delivering. Our entire team is maintaining cleaning and safety precautions (limiting packing teams to 2, wearing masks, utilizing new grocery bags only, cleaning the bins and carts, etc.) to protect the our team as well as the students we serve. For the Thanksgiving Holiday, a double bag delivery is planned with extra food to cover the long weekend. Finally, a big thanks to all the returning volunteers!

Elizabeth Broadus, MSP HeartFELT Coordinator

elizabethruggles@comcast.net

Helpful Harvest Garden Clean-Up and Honey Distribution Day

Last Saturday morning, many hands came out to prep the garden for fall and to prepare the honey harvested from the MSP bees for distribution to SMILE clients. A big thanks to all who joined in!



IN-REACH OPPORTUNITIES



We are continuing with our in-reach mission opportunities where we will be helping parishioners with home repairs. If you would like to volunteer or would like more information please contact

Jim a Yoe 443-975-6797

jmyoe@comcast.net



<http://www.middlehamandstpeters.org/resources/>

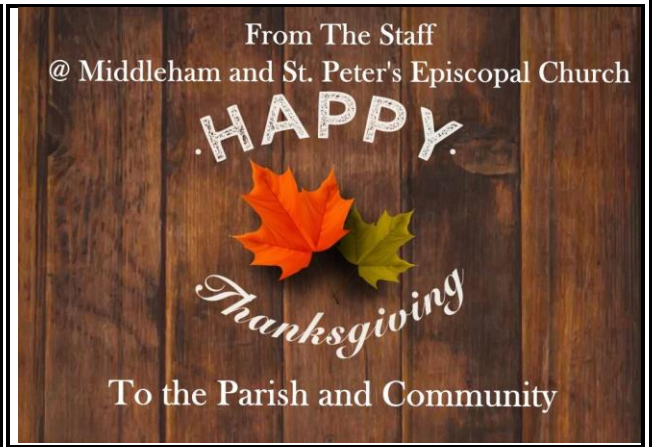
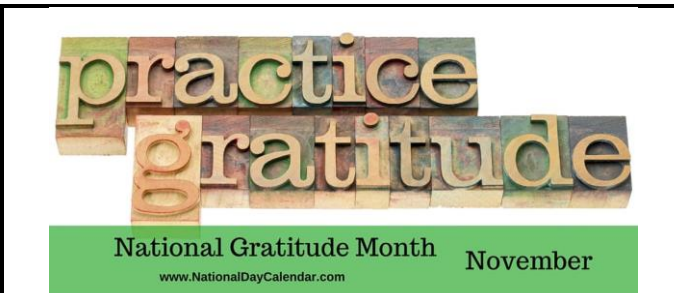
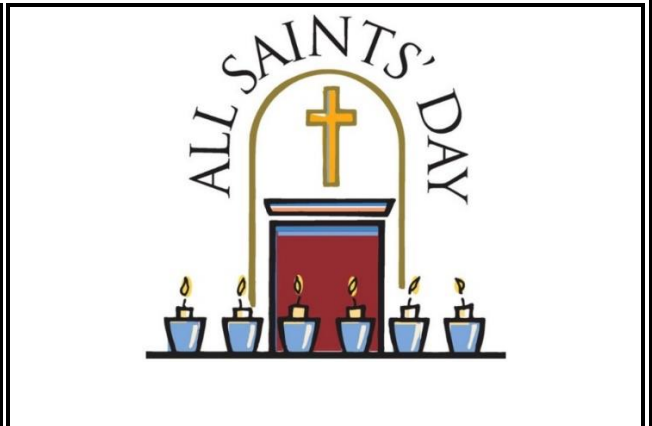


DECEMBER CONNECTOR ARTICLE SUBMISSION IS

MONDAY NOVEMBER 16TH

Thanks so much, Karen Timmons, Communications

communications@middlehamandstpeters.org





NOVEMBER BIRTHDAYS

Brian King	11/01
Leah Patten	11/02
Noah Patten	11/03
Marjorie Sanguinetti	11/03
Kathryn King	11/04
Greg King	11/06
Sue Hu	11/07
Beth Lanier	11/09
Anita Shepherd	11/10
Riley Jedrey	11/13
Laura Carpenter	11/14
Mark Stanley	11/14
Bonnie Tolson	11/16
Brinson Perks	11/16
Susie Cook	11/23
Sandy Butler	11/24
Kim Kelly	11/29

NOVEMBER ANNIVERSARIES

Bryan & Laura Carpenter	11/13
Robert & Dorothy Swann	11/29

Birthdays and Anniversaries

Each month birthdays and anniversaries of parishioners are listed in the Connector. But our records are not perfect. Even some very long-standing parishioners are not listed. Have you seen your date(s) listed? If not or if you are not sure, please call the office (410-326-4948) to check. We want everyone included!